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With the help of Jaku Konbit academy students in Ottawa, Ken Campbell lights Kinara candles on a table decorated with the symbols of Kwanzaa. Each of the candles represents one of the Seven Principles of Kwanzaa. A new candle is lit for each day of the weeklong celebration from Dec. 26 to Jan. 1. Scholar and social activist Ron Karenga created Kwanzaa in 1966 as the first African-American holiday.

Ottawa pg 2 Looking back on the past year	Sports pg 10 Ottawa highlights from 2008	Canada pg 4 Snapshots from coast to coast	Business pg 8 Economic storm may get worse	Cartoons pg 23 Michael de Adder's top 'toons	Your next Metro The next edition will appear Jan. 2
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Workers freed a WestJet airplane that had skidded off the runway at Ottawa's airport and nosed into ice and snow, but officials were still waiting for investigators to determine what caused it to slide. **METRO OTTAWA**

Local



Celebrate New Year's on the Canal

Hockey fans in Ottawa are being invited to celebrate the New Year on the Rideau Canal. The National Capital Commission is setting up four big-screen televisions on the Rideau Canal Skateway at Rideau Street so fans can watch Canada take on the United States in their final round-robin game of the 2009 IIHF World Junior Championship. Following the game, the Amanda Rheame Band and Finger Eleven will entertain the crowd until the midnight fireworks show. **METRO OTTAWA**

Events that shaped the city in '08

Jan. 22

Flags were lowered to half-mast at Carleton University as the campus grieved for three students who died when the Toyota 4-runner SUV they were riding in struck an OC Transpo Bus.

Feb. 5

Jason Kelly caused a national sensation when he successfully bid \$7,850 US on eBay for what is believed to be a signature by Canada's first prime minister, Sir John A. Macdonald.

Mar. 9

Still cleaning up from a 31-centimetre snowfall, the capital saw another 52 centimetres land over the weekend, pushing total accumulation for the season over the four-metre mark and closer to the record for the snowiest Ottawa winter ever.



Hundreds of people packed into Andrew Haydon Hall on Dec. 1 to show support for fine arts and social services.

May 4

A city marching band made up of Falun Gong members complained that they were discriminated against after Canadian Tulip Festival officials barred them from performing at opening ceremonies on Friday night.

July 3

City officials warn residents to be careful after more than 150 maintenance-hole covers disappear from city streets, including 80 that have gone missing in the past week alone.

July 14

Gatineau Police announce they have made their biggest-ever seizure of drugs, cash and weapons following the arrest of two men accused of supplying drugs to the Montreal-based Rough Riders gang.

Aug. 18

Jill Henselwood, of Oxford Mills, south of Ottawa, and veteran Ian Millar, of Perth, were members of Canada's four-member equestrian team that won Canada's first team jumping medal in 40 years.

Sept. 16

Ottawa Senators owner Eugene Melnyk announces plans to build a \$100-million soccer stadium next to Scotiabank Place to house a potential expansion Major League Soccer team.

Oct. 14

All of the Ottawa-area incumbents are returned to their posts after the federal election.

Nov. 24

The Carleton University Students Association sparks a national controversy when it decides to pull out of a fundraiser for cystic fibrosis because it "only affects white people, and primarily men." CUSA reverses its position the

next week.

Nov. 26

City council approves a \$7.2 billion Transportation Master plan that would see light rail eventually running east to west from Baseline Station to Blair station and into Riverside South.

Dec. 2

In less than four hours, three fires destroy a business, a house and caused severe damage to a high-rise apartment in Ottawa in the morning, causing \$3 million in damages.

Dec. 10

Buses stop running at 12:01 in the morning when OC Transpo drivers, mechanics and dispatchers officially went on strike after failing to reach an agreement with the city by midnight.

METRO OTTAWA

Ottawa's top 10 stories that made news this year

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

1. Transit

After being out of contract since Apr. 1, 2008, 2,300 OC Transpo bus drivers, mechanics and dispatchers go on strike on the same day Ottawa gets its first snowstorm of the winter. The city and the union would spend the first 10 days of the strike arguing through the media, before finally getting back to the bargaining table on Dec. 20.

2. Terrorism Trial

The trial of Orleans resident, Momin Khawaja, the first person ever charged under the federal Anti-terrorism Act, begins under tight security at the Ottawa courthouse. On Oct. 29, he was found guilty on five of seven charges. He will be sentenced Feb. 12, 2009.

3. Sewerage

May 20 - A pair of east end city councillors revealed that over 1 billion litres of raw sewage was dumped into the Ottawa River due to a faulty gate in August 2006 and never reported. The city, the province and the federal government all launch investigations into the incident. All three levels of government pledge more than \$100 million to clean up the river.

4. Transit Plan

Feb. 27 - The city unveils a new light-rail rapid transit plan that involves a downtown tunnel and is estimated to cost up to \$3.6 billion. The plan is approved on Nov. 28 and calls for a 12 km section of rail running from Tunney's Pasture to Blair Station to be built in the first phase of implementation.

5. Coalition

Dec. 1 - In response to the Conservative government's economic update,



Supporters shout their support for a coalition government at a rally on Parliament Hill in early December. The rally drew thousands of people.

Liberal leader Stéphane Dion, NDP leader Jack Layton and Bloc Québécois leader Gilles Duceppe sign an accord that would replace the government with

a Liberal/NDP coalition that is supported by the Bloc. Prime Minister Stephen Harper pro-rogues Parliament until his Jan. 27 budget.

6. O'Brien Charges

Jan. 7 - After being charged with two criminal code offences by the Ontario Provincial Police in December, Mayor Larry O'Brien is fingerprinted and booked at a detachment in Kanata.

7. Lansdowne Park

Mar. 25 - The CFL awards a franchise to a group of high profile Ottawa business men headed by Ottawa 67's owner Jeff Hunt. The Franchise is conditional on the renovation of Lansdowne Park after the city declared the lower south side stands structurally unsound. City Council has suspended the design competition until January in order to properly evaluate the stadium proposals.

8. Homicides

After two homicides in the first six months, three women are murdered in the first eight days in June. Ottawa had 10 murders

throughout as of Dec. 18.

9. Senators collapse

After winning 15 of the first 17 games of the season, the Ottawa Senators start the new year comfortably atop the Eastern Conference. Off-ice issues involving goaltender Ray Emery prove to be a distraction throughout the season. He is bought out of his contract at the end of the year and signs on to play in Russia. The Senators continue to struggle when the new season begins, sitting in 26th place in the NHL as of Dec. 18.

10. Snowfall

According to Environment Canada, Ottawa received 428.1 cm of snow during the winter of 2008, putting it just short of a record amount of 444.1 cm in 1970-1971.

Facing a financial shortfall of \$23 million for snow removal services, city council secures provincial money.

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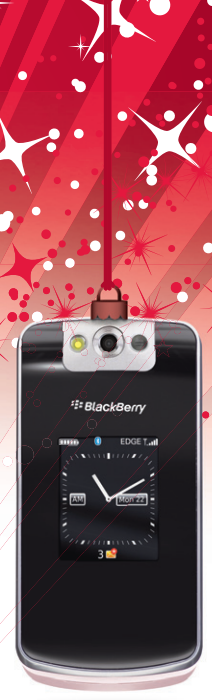
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Canada



The Ides of March

March brought in good news and bad for at least two people. Former media baron Conrad Black, left, began his six-year sentence on March 3 in a Florida prison for fraud and obstruction of justice. On March 15, Ontario resident Anna Falco, 53, won almost \$9 million at a casino, the largest-ever slot payout in Canada. METRO NEWS SERVICES

'08 ends on raucous political note

January

10 - Canadian communities that depend on a single industry to survive get some good news as Prime Minister Stephen Harper announces a billion-dollar package.

12 - The New Brunswick town of Bathurst is in mourning after seven teenagers, members of a school basketball team, and a teacher die as their van collides with a truck on an icy road.

16 - Canada's nuclear watchdog, Linda Keen, president of the Canadian Nuclear Safety Commission, is fired after she accused Natural Resources Minister Gary Lunn of interference.

22 - Former Liberal MP John Manley and his panel recommend Canadian Forces stay in Afghanistan indefinitely.

February

19 - British Columbia is the first in North America to implement a full-fledged carbon tax.

27 - Nortel Networks, once the darling of the stock market, sheds 2,100 more jobs and outsources 1,000 more to countries with lower labour costs.

March

3 - A young Canadian man, Mohammed Kohail, gets the death sentence in Saudi Arabia after a schoolyard brawl results in the death of one person.

13 - It's official. Canada will stay in Afghanistan until 2011 after Parliament votes to extend the military mission by two years.

7 - Louise Arbour, a former Canadian Supreme Court justice, steps down from her position as UN human rights high commissioner.

29 - The Book Room in Halifax, shuts its doors for the last time after 169 years. It was Canada's oldest bookstore.

April

3 - A red cedar tree that has stood in Vancouver's Stanley Park for a thousand years loses its battle for survival when park board commissioners vote to cut the tree down after it was damaged in storm.

18 - Canada bans chemical bisphenol A, found in plastic products such as baby and water bottles.

10 - The Canadarm will still be Canadian after Industry Canada derails a plan to sell the company that owns its rights to an American defence firm for \$1.3-billion.

12 - Canada was accused of "an act of war" after the coast guard seized an anti-sealing ship owned by Sea Shepherd Conservation Society.

22 - Robert Baltovich is found not guilty of murdering his girlfriend, Elizabeth Bain, after the Toronto native served eight years in prison for a crime he didn't commit.

May

1 - You have to be at least 16 years old to have sex after the legal age is raised to 16 from 14.

13 - A student minding his own business on the ground died when a helicopter crashed down on him in Cranbrook, B.C. The three passengers on board also died.

16 - Ottawa unveils Canada's highest honour for military valour — the Canadian Victoria Cross.

17 - The Queen's eldest grandson, Peter Phillips, marries Canadian Autumn Kelly at Windsor Castle in England.

26 - Canada's titillating scandal reaches its climax with Foreign Affairs Minister Maxime Bernier's resignation over a security breach involving classified documents left in his former girlfriend's apartment. But Canadians are forgiving and Bernier kept his seat in the federal elec-



Prime Minister Stephen Harper announces at Rideau Hall in Ottawa on Dec. 4 that Gov. Gen. Michaëlle Jean approved his recommendation to prorogue Parliament.

tion later in the year.

June

3 - General Motors closes its truck plant in Oshawa, Ont., and three other factories in North America as the auto crisis grows.

9 - A familiar tune for years is silenced after CBC loses the rights to the Hockey Night in Canada theme song to CTV as talks break down between its composer and CBC.

16 - Ottawa lists The World Tamil Movement as a terrorist organization.

17 - The rising cost of fuel prompts Air Canada to look at cutting 2,000 jobs.

19 - Frank Dunn, the former chief executive of Nortel Networks, and other senior officers charged with fraud by the RCMP.

July

1 - Protests pour in after abortion rights activist Dr. Henry Morgentaler is appointed to Order of Canada.

5 - Calgary lays claim to another big one after the biggest mosque to be built in Canada opens in the city.

7 - Steven Truscott,

wrongfully convicted of the murder of a schoolmate, gets \$6.5 million as compensation from the Ontario government after he spent nearly five decades trying to clear his name.

8 - The long-time face of the Canadian Auto Workers union announces he will step down as head of the national union.

16 - Canada's oldest company is no longer truly Canadian after New York-based NRDC Equity Partners buys Hudson's Bay Co., the second time it has changed hands in less than three years.

20 - Quebec sovereigntists are not amused with former Beatle Paul McCartney giving a free concert to mark Quebec City's 400th anniversary.

August

15 - Christopher Paul Neil, 33, of Maple Ridge, B.C., gets three years in Thai prison for sexually abusing 13-year-old boy.

18 - Low-speed electric cars cleared to move on public roads in the Victoria suburb of Oak Bay — the

first municipality in Canada to legalize the vehicles.

24 - Canada wins 18 medals at the end of the Summer Olympics in Beijing.

28 - Hundreds of passengers are stranded and left to scramble to find a way home after Ottawa-based Zoom Airlines files for bankruptcy protection.

September

7 - Prime Minister Stephen Harper calls general election for Oct. 14.

25 - A 20-year-old Ontario man is convicted of conspiring to bomb Parliament Hill, RCMP headquarters and nuclear power plants.

26 - The criminal justice system failed David Milgaard, concludes a commission of inquiry. It recommends the federal government create an independent body to review wrongful conviction allegations.

October

6 - \$100 billion in value of stocks are wiped out on the Toronto Stock Exchange as falling oil prices

and fears of global recession spook investors.

9 - A member of the Snowbirds aerobatic team is one of two Canadian Forces personnel killed in a jet crash in southwest Saskatchewan.

11 - CBC's Hockey Night in Canada gets a new anthem. Canadian Gold by Colin Oberst, an elementary school teacher from Beaumont, Alta., is voted by viewers as best pick.

14 - Stephen Harper's Conservatives return to power with a strengthened minority in the federal election.

November

8 - Kidnapped CBC reporter Melissa Fung is released by Afghan insurgents after 28 days in captivity.

22 - Prime Minister Stephen Harper signs a tentative free-trade agreement with Colombia.

27 - Harper's finance minister presents what turns out to be a turning-point mid-term economic statement — but not exactly the kind the Tories wanted. It was immediately rejected by the opposition as inadequate and partisan.

December

1 - The Liberals and the NDP, with Bloc Québécois support, agree to form coalition government if the Conservative minority government falls.

5 - Canada reaches a grim milestone in Afghanistan with the death of its 100th soldier.

4 - Parliament is suspended until late January as Gov. Gen. Michaëlle Jean bows to the prime minister's wishes.

9 - The Liberal party temporarily resolves its leadership issues as Michael Ignatieff remains the sole candidate to be the party's leader after rival Bob Rae withdraws from the contest. METRO NEWS SERVICES





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A Texas appeals court rules that authorities broke the law by seizing more than 400 children from a polygamous ranch. The authorities acted on an anonymous tip of child abuse. **METRO NEWS SERVICES**

World



April 7, 2008

The Olympic torch is snuffed out by organizers in Paris as anti-China protests plague the global torch run. Two days later the Olympic torch is forced to be rerouted away from thousands of pro-Tibet demonstrators in San Francisco.

METRO NEWS SERVICES

Obama makes U.S. presidential history

January

18 - U.S. President George W. Bush gives his stamp of approval on a \$100-billion stimulus package in an effort to prevent recession

and control the damage caused by the housing crisis. The mess hammers banks, consumers and investors in effects that are felt all year long.

21 - Investor anxiety over prospects of a U.S. and global recession sends stock prices crashing around the globe. The Toronto Stock Exchange

falls more than 600 points.

February

11 - U.S. military prosecutors charge six detainees in connection with 9-11 attacks. They ask to impose



U.S. President-elect Senator Barack Obama waves as he arrives on stage during his election night rally in Chicago, Nov. 4, 2008.

JEFF HANES/REUTERS



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the death penalty.

19 - Cuban leader Fidel Castro ends the longest rule in the world by a head of government as he resigns as president after 49 years.

March

12 - New York state Gov. Eliot Spitzer resigns amid allegations he used taxpayer dollars for the services of a high-priced prostitution ring.

14 - 16 people are killed in Tibet during protests against Chinese rule. The protests are led by Buddhist monks.

April

27 - The Taliban attack a military parade in Kabul, Afghanistan. President Hamid Karzai and dignitaries, including the Canadian ambassador, escape uninjured.

May

3 - More than 134,000 people are killed in southwestern Myanmar as cyclone Nargis smashes into the country.

12 - Southwestern China is rocked by a massive earthquake that kills 80,000 people.

June

13 - In daring prison break, over 1,100 inmates, including 400 Taliban, escape from detention in Kandahar.

July

30 - GM announces a 15 per cent cut to its U.S. and Canadian salaried workforce.

August

6 - Salim Hamdan, Osama bin Laden's former driver, is found guilty of

terrorism. It is the first to come through the U.S. military tribunal process at Guantanamo Bay.

September

7 - Fannie Mae and Freddie Mac are taken over by the U.S. government as it attempts to ease the financial crisis related to house price collapse.

October

14 - U.S. President George W. Bush announces a \$250-billion plan to buy shares in U.S. banks. It is the biggest bailout of the country's banks since the Depression.

November

4 - Barack Obama wins the U.S. presidency in a landslide victory. He becomes the first African-American president in U.S. history.



Fidel Castro

26 - Terrorist attacks in Mumbai leave the country in mourning. The gunmen launch attacks on tourist sites, a crowded train station and two luxury hotels killing nearly 200 people.

December

6 - A teenage boy is shot dead by Greek police in a district of central Athens long associated with lawlessness and drug abuse. The boy's death sparks riots across Greece for several weeks.

19 - U.S. President George W. Bush tosses a \$17.4 billion government lifeline to GM and Chrysler. The move is intended to ensure the automakers survival and prevent another blow to his legacy. **METRO NEWS SERVICES**

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8

Papermaker AbitibiBowater Inc. is fighting plans by Newfoundland and Labrador Premier Danny Williams to expropriate Abitibi's dams in Newfoundland, warning it will file suit under the North American Free Trade Agreement. **REUTERS**

Abitibi fights to get compensation for assets

Business

Economic tsunami

U.S. housing crisis let loose tidal wave of financial woes

Brace yourself. As bad as 2008 was for financial turmoil from the average consumer to the mightiest of corporations — forecasts are for an even gloomier outlook in 2009.

It means that the average Canadian will face more financial struggles in 2009. Predictions range from 150- to -200,000 more people losing their jobs as the economic recession gets worse.

Looking back to earlier this year, there were several analysts on several TV shows in Canada and the U.S. who warned what was likely around the corner for world economies if things didn't get fixed. Truth is the financial downturn was so overwhelming that the inevitable "R" word was a case of not if, but how soon a recession would arrive.

With financial bailouts in the trillions around the word becoming a necessity to bail out banks and the auto industry, and other industries lining up looking for assistance, where does it all end? No one knows.

As the US recession

worsens almost every day, Canada will have to deal with a weaker domestic demand from its largest client and partner. Furthermore, a very moderate growth of the economy is expected in 2009.

According to the Laurentian Bank's economic and financial outlook for 2009, interest rates in Canada should remain very low in 2009, and the Canadian dollar is expected to trade between 0.80 and 0.85 US during the year.

Laurentian stated that although the recession here is likely to be less severe than south of the border,

nonetheless, Canada's labour market is showing some cracks. Total employment fell by a hefty 70,600 in November. The unemployment rate edged up from 6.2 per

cent to 6.3 per cent as many Canadians just threw in the towel and stopped looking for a job amid the financial turmoil and economic recession.

Laurentian forecasts economic activity to contract by 0.5 per cent in 2009.



A sign in Toronto shows the Toronto Stock Exchange's main index at its lowest level in nearly five years on Nov. 20.

Exports, imports, residential construction, and business investment are all expected to pull back. Employment should dip slightly in 2009, while the unemployment rate should increase modestly, to approximately 7 per cent. Amid economic uncertainties, households will be more prudent and ease the pedal on spending.

Where did all this disaster start? Look to the U.S., where their housing crisis, now its third year, pushed the country into a consumer-led recession officially begun in December 2007. The slump in the real estate sector also spawned

a worldwide financial crisis, which grew worse in the second half of 2008, dragging the other blocks of industrialized nations into recession as well.

According to The National Bank Financial Group team of economists in Canada, the U.S. recession should last until mid-2009, that is, 18 to 20 months in all, which would make it the second longest in 80 years. This unusual duration is due to the fact that U.S. households must reduce their indebtedness significantly in the face of an employment market that has shed almost two million jobs to date.

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Sean Avery's, left, tenure with the Dallas Stars came to an unceremonious end in December after making lewd remarks regarding two of his ex-girlfriends who are currently dating other NHL players. **METRO NEWS SERVICES**

Sports



A season of champions

The New York Giants spoiled the New England's dream of a perfect season by beating the Patriots 17-14 in the NFL's Super Bowl. Nicklas Lidstrom, left, became the first European captain to lead his team to a Stanley Cup, as the Detroit Red Wings downed the Pittsburgh Penguins in six games. In a clash of legendary rivals the Boston Celtics triumphed over the Los Angeles Lakers in six games to win the NBA title. Despite a rain-delayed finale, the Philadelphia Phillies crushed the Tampa Bay Rays in five games in the World Series.

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An eventful year in Ottawa sports

Even though Ottawa is Canada's Capital City and politics usually takes centre stage, there was plenty of highlights in the sports world around town during the last 12 months.

JANUARY

2008 started off with the Ottawa Senators continuing their free fall from top of the NHL rankings after a record 15-2 start.

FEBRUARY

The Senators descent into mediocrity hits rock bottom with head coach John Paddock paying the price by being fired on February 27th.

MARCH

A group of local businessmen planning to bring pro football back to the capital are granted a conditional franchise. Jeff Hunt, owner of the Ottawa 67's is part of



The Ray Emery saga captivated Senators fans until the team released the netminder in June.

the group.

APRIL

The Pittsburgh Penguins sweep the Ottawa Senators in the opening round of the NHL playoffs.

MAY

The Ottawa Rapidz make

their Can-Am Baseball league debut after the 2007 departure of the Lynx, the city's triple-A International League franchise.

JUNE

The Senators waive goalie Ray Emery after several off-

ice incidents sour the organization. A month later he signs with team in Russia.

The NHL holds their annual Entry Draft at Scotiabank Place.

The Senators say good bye to defencemen Wade

Redden, Mike Commodore and forwards Cory Stillman and Martin Lapointe.

JULY

The Canadian World Junior team hold their annual summer evaluation camp at the University of Ottawa.

AUGUST

Ottawa's Hunt Club plays host to the LPGA's Canadian Open.

The Senators trade blue-liner Andrej Meszaros to the Tampa Bay Lightning for defencemen Filip Kuba, Alexandre Picard and a 2009 first-round pick.

Ottawa-born Jill Henselwood and Perth's Ian Millar win silver in the Team Show Jumping event at the Beijing Olympics.

SEPTEMBER

The Rapidz finish up their inaugural season in last place then file for bankruptcy amid reports of a

\$1.4 million team debt.

Brian Kilrea, the legendary coach of the Ottawa 67's, announces that the 2008-2009 season will be his last behind the team's bench.

OCTOBER

Eugene Melynk announces that Senators Sport & Entertainment has made a formal bid for an expansion MLS franchise.

NOVEMBER

The Can-Am Baseball League announces that a team will operate in Ottawa for 2009 operated directly by the league while new ownership is sought.

DECEMBER

Canada goes for their fifth consecutive gold medal at this year's IIHF World Junior tournament that will be played in the Nation's Capital.

METRO NEWS SERVICES

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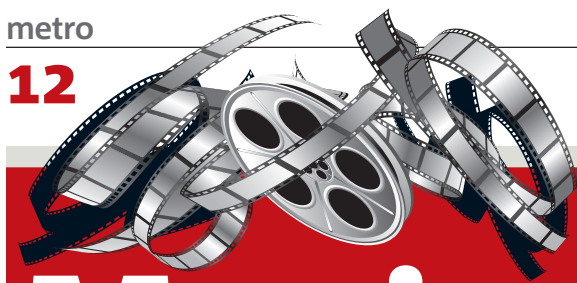
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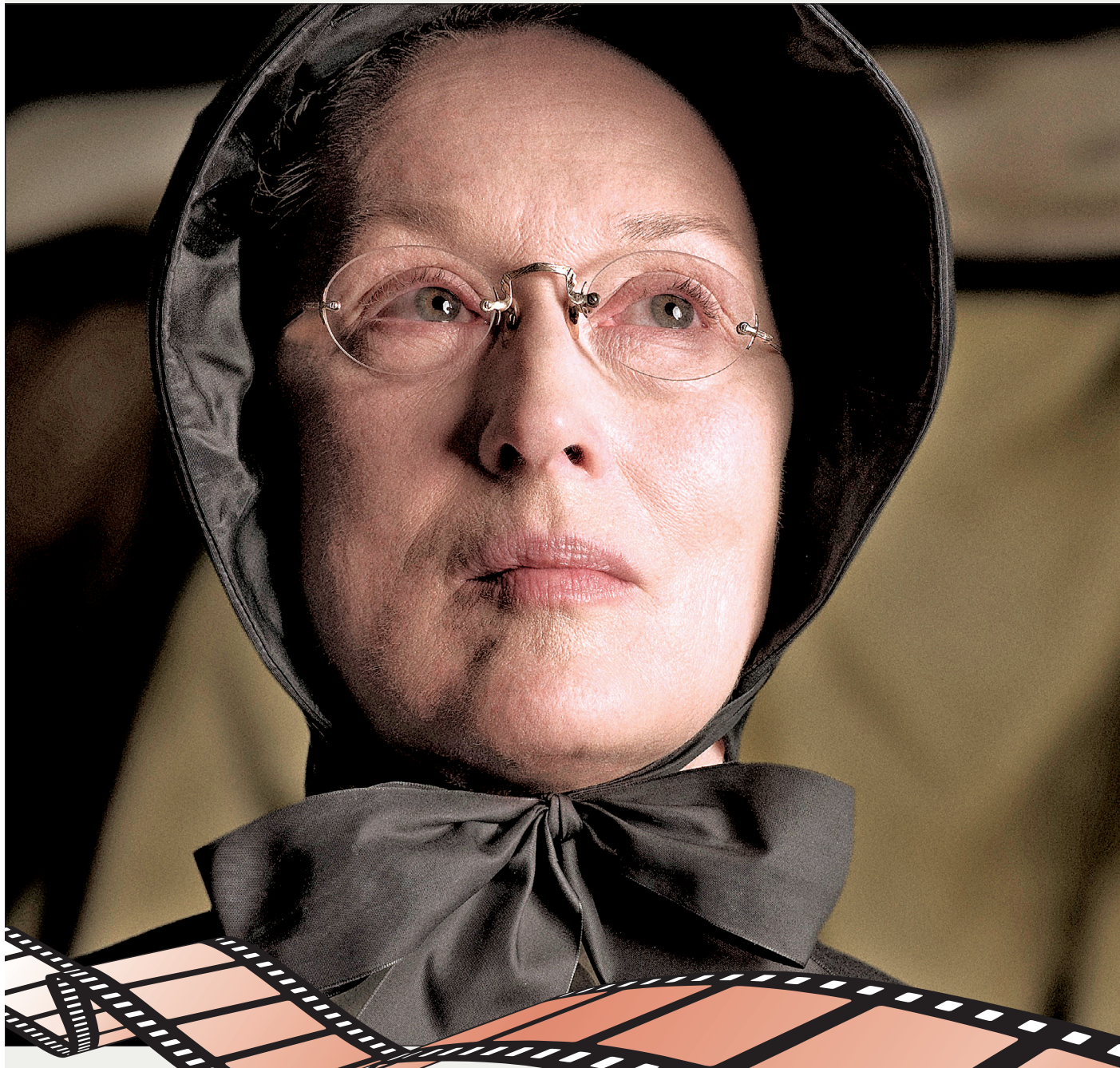


Movies & Entertainment

Movies

Moral authority

Pg 14



As the strict Sister Beauvier in new release *Doubt*, Meryl Streep is at the centre of a small but stellar ensemble cast. Throw in a Pulitzer-Prize winning play adaptation, and you're almost guaranteed stunning cinema.

Movies

Pg 16



Oscar's view of documentaries stirs up some controversy.

Food

Pg 18



Get a taste of Kwanzaa with this chicken-and-rice dish.

Music

Pg 20

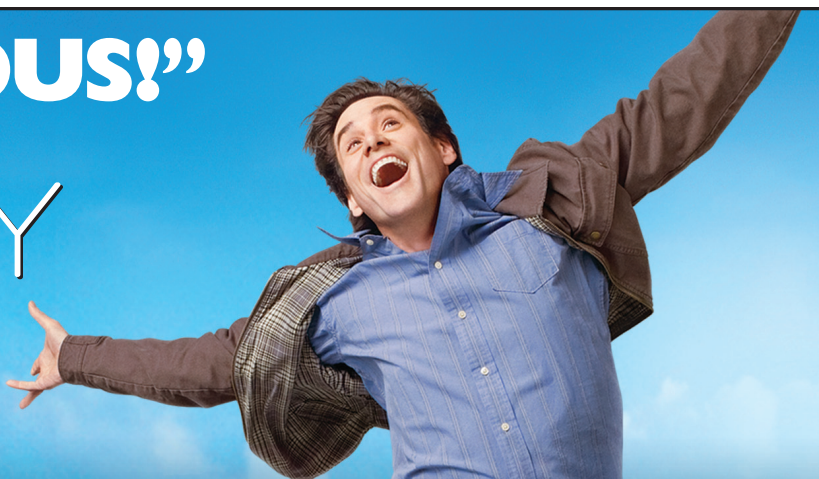


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Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

No Doubt about it — stunning

Doubt
Director: John Patrick Shanley
Stars: Meryl Streep, Philip Seymour Hoffman
Classification: PG
Rating: ●●●●●

STEVE GOW
for Metro Canada

Meryl Streep could read the phone book on camera and make it compelling drama. So drop the legendary thespian in a Pulitzer-Prize winning play adaptation and you're almost guaranteed stunning cinema.

Such is the case with Doubt, a slow-paced, but excellent tale about a private Catholic school under a dark shadow of wrongdoing in 1964. Streep plays Sister Beauvier, the kind of strict principal who outlaws ballpoint pens, cough drops and dismisses Frosty the Snowman as a pagan song. After all, "He does come to life." With one eye on her charges and the other on lenient new pastor, Father



Meryl Streep and Philip Seymour Hoffman star in Doubt.



BEST ACTRESS (DRAMA): Meryl Streep (Doubt)
• Doubt has five nominations in total.

Flynn (Philip Seymour Hoffman), she warns her staff to be diligent. When an impressionable teacher (Amy Adams) notices odd behaviour between Flynn and the school's first African-American pupil, Beauvier sets out to eject the priest regardless of evidence. Adapted from his own play, filmmaker John Patrick Shanley succeeds at creating one of the year's most intimate, character-

driven dramas ripe with tension and subtext. Rich with a moral complexity that provides a great amount of gravitas, it's the film's small, but stellar cast that circumnavigates this masterpiece. As mentioned, Streep is stunning and should nab her 15th Oscar nomination but one cannot overlook Shanley's solid screenplay. So much for having to sit through the phone book.

On the web

• Doubt trailers, screen times and photos are available at metronews.ca/movies

Movies that take you beyond the mat

InFocus

**Richard Crouse**

mrchaos33@hotmail.com

The great irony of good wrestling movies is that real, honest-to-God wrestlers rarely ever star in them. This year, Mickey Rourke delivered a tour-de-force performance in The Wrestler as Randy the Ram, an over-the-hill wrestler; a once famous athlete capable of packing Madison Square Gardens, now a raggedly collection of shin splits, aching bones and broken spirit that should earn him an Oscar nod. Aha, you say. Rourke used to be a boxer. Isn't that the same thing? Well, according to director Darren Aronofsky not so much. "It's easy to think it was easy for Mickey to do this

because of his experience in the ring but I think it was twice as hard because he had to unlearn everything," he said." In boxing the whole game is to hide your emotions and moves. "When you do a punch in wrestling you want people in the bleachers to see it happening three minutes before it comes. So for Mickey to ham it up like that when he was taught to move as a boxer was a real challenge." Rourke is perfect for the role; his face looks like he's been beaten up by an angry plastic surgeon, and his slouching walk belies years of extreme physical abuse. But not all actors to play wrestling's "faces" and "heels" have been so well cast. Flesh, a little known John Ford film from 1932, sees Wallace Beery — former silent movie and musical theater star — play a waiter-turned-wrestler who discovers his wife is having an affair. Even stranger casting than that was spindly Henry Winkler — The Fonz — as an unemployed actor

who becomes a wrestling star (alongside Herve Villechaize) in the comedy The One and Only. Then there's Blood & Guts, a 1978 film which sees aging wrestler Danny O'Neil, played by William Smith, wear a silver 10-gallon top hat in the ring. To get the real deal on wrestling check out Beyond the Mat, a documentary from comedy writer and wrestling fan Barry Blaustien. His behind the scenes look at the pro circuit and its stars works on an almost Shakespearean level, revealing the tragedy, rage, humor, violence, intrigue, hucksterism and real human stories of the sport. It's a movie that should be placed alongside Pumping Iron and When We Were Kings as movies that uncover the private side of sports entertainment. We all know wrestling is fake, but after seeing Beyond the Mat it seems a little more real.

Richard Crouse is the author of Son of the 100 Best Movies You've Never Seen and film critic for CTV's Canada AM.

5 GOLDEN GLOBE NOMINATIONS
BEST PICTURE (Drama)
BEST DIRECTOR David Fincher
BEST ACTOR (Drama) Brad Pitt
BEST SCREENPLAY Screenplay by Eric Roth and Robin Swicord
BEST ORIGINAL SCORE Alexandre Desplat



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Movies

Oscar doc feature shortlist favours social issues

Academy's approach to the genre leaves a lot to be desired, say critics

Werner Herzog has just had his Antarctica-set documentary Encounters at the End of the World named to the Academy's documentary feature category shortlist — the list from which the five Oscar nominees will be selected in January.

But the legendary German director still isn't sure why a reporter is calling him. "The shortlist is pleasant news, but it isn't an event," he says. "My producers and distributors are enjoying it. A nomination — now, that always means something. But this is really a non-story, isn't it?"

Perhaps Herzog can afford to be blasé. He's been virtually ignored by the Academy throughout his long career, but this year, his South Pole odyssey — a personal film with an environmental conscience — may be the only picture on the 2008 Oscar documentaries shortlist to land firm-

ly on both sides of the Academy's perennial documentary divide.

It's a stereotype to say Oscar rewards documentaries that call attention to important social issues, and privileges noble intentions and left-leaning political views over cinematic craft.

But it's also a stereotype with evidence to back it up.

Of the 15 features the Academy's documentary branch members are now being asked to screen over the holiday season, about 10 could be described as social-issue films, with varying degrees of didactic intent.

Even within that category, there's tremendous variety: Fuel, a grassroots-marketed film about the biodiesel movement, has little in common with Standard Operating Procedure, 2004 Oscar winner Errol Morris' ruminative exploration of the Abu Ghraib detainee-abuse photographs.

"There seems to be this attitude that it doesn't need to be a good film if it's about an important subject — it automatically gets eight out of 10."

Paul Sturtz

(Whatever one makes of Morris' films, they certainly don't lack for artistry.)

Neither of those bears any similarity to Trouble the Water, a rip-roaring, rough-and-ready Sundance Award winner about a poor African-American couple surviving Hurricane Katrina in New Orleans' Lower Ninth Ward.

One can further divide the issue-oriented flicks into those that seem especially geared to the moment, in the vein of a recent Oscar

winner featuring a former vice president, and those that tackle documentary perennials like the death penalty (At the Death House Door from the Hoop Dreams (1994) team of Peter Gilbert and Steve James) or the Holocaust (Blessed Is the Match: The Life and Death of Hannah Senesh).

On this year's list, Fuel was one film that seemed to come out of nowhere, but as director Josh Tickell observes, "Everybody wants to be part of the green energy

movement now." Tickell's inexpensively made, microdistributed film about turning grease and other waste products into diesel fuel no longer seems like a countercultural statement.

With I.O.U.S.A., director Patrick Creadon's market timing was even more uncanny. When he started making a movie about America's debt crisis two years ago, people he talked to were baffled. "They'd tell me, 'What a dreadful topic!'" he says. "Why would you want to make that movie?" Nobody asks those questions now.

But not everyone in the documentary world is happy to see the Oscar nomination process used as a soapbox for issues-of-the-week.

"Documentary might be the most vital form in American film right now, and the Academy consistently ignores the best work and the most important trends," says Paul Sturtz, co-

director of the True/False Film Festival, a prestigious docs-only event in Columbia, Mo. "There seems to be this attitude that it doesn't need to be a good film if it's about an important subject — it automatically gets eight out of 10."

The Academy's annual rejiggering of qualification rules also tends to spark controversy. This year, a requirement that the film have a qualifying theatrical run in New York as well as Los Angeles prior to the August 31 deadline meant the critically acclaimed Waltz With Bashir, an animated war memoir directed by Ari Folman, was left out of consideration.

Meanwhile, several undistributed or unreleased films in the shortlist, including Fuel, Blessed Is the Match and Made in America qualified only because their producers booked semiclandestine New York engagements in empty theatres. **REUTERS**

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On the sixth day of Kwanzaa, Kuumba (creativity), there is a great feast or Karamu. Some favourite dishes of the Karamu are stewed snapper, Congo rice and peas, fried chicken, baked potato pie, corn bread and calaloo, jalloff rice, and vegetable ital stew. **SECTION 15.CA**

Food

The basic Jollof Rice recipe (with bacon or ham in place of chicken) is identical to, and probably the origin of, a dish called Red Rice in the Southeastern United States (and usually called Spanish Rice on the rest of the continent).

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Dishing up a taste of Africa

Get into the Kwanzaa spirit with a colourful chicken-and-rice entree

Kwanzaa is a unique African-American celebration with focus on the traditional African values of family, community responsibility, commerce and self-improvement. Kwanzaa is neither political nor religious and despite some misconceptions, is not a substitute for Christmas. It is simply a time of reaffirming African-American people, their ancestors

À la carte

Barb Holland

metronews.ca/alacarte

and culture.

Kwanzaa, which means "first fruits of the harvest" in the African language Kiswahili, has gained

tremendous acceptance. Since its founding in 1966 by Dr. Maulana Karenga, Kwanzaa has come to be observed by millions of people worldwide. When establishing Kwanzaa in 1966, Dr. Karenga included an additional "a" to the end of the spelling to reflect the difference between the African American celebration (Kwanzaa) and the Motherland



Jollof Chicken and Rice is a colourful West African dish that's often served on special occasions.

spelling (Kwanza).

Kwanzaa, a seven-day celebration from Dec. 26 to Jan. 1, is based on the Nguzo Saba (seven guiding principles), one for each day of the observance.

Jollof Chicken and Rice

Food is a part of any celebration. This well-known, colourful West African dish is often served on special occasions. I made this with parboiled (not instant) rice, but other long grain rice should work well. I did not find ground dried shrimps. Instead, add ½ tsp (2 ml) salt to the rice. Makes 6 servings.

INGREDIENTS:

- 6 skinless, boneless chicken breasts
- 2 garlic cloves, finely minced
- 1 tsp (5 ml) dried thyme leaves
- pinch each salt and pepper
- 1 to 2 tbsp (15-30 ml) vegetable oil
- 14 oz (398 ml) can diced tomatoes (or half a 28 oz/796 ml)
- 1 tbsp (15 ml) tomato paste
- 1 onion, chopped
- 2 cups (500 ml) chicken broth
- 2 tbsp (30 ml) ground dried shrimps or crayfish (optional)
- 1-1/2 cups (375 ml) long grain rice
- 1 fresh green chilli, seeded

and finely chopped

- Fresh or dried thyme, to garnish

METHOD:

Rub chicken with garlic, thyme, salt and pepper. Heat 1 tbsp (15 ml) oil in a large saucepan or Dutch oven over medium-high heat. Cook chicken (in batches) until browned on both sides; transfer to a plate, adding more oil if needed.

Add tomatoes, tomato paste and onion to pan. Cook over medium-high heat until tomatoes have thickened somewhat, about 5 minutes. Add broth and dried shrimps, if using, and bring to a boil.

Measure out 1 cup (250 ml) tomato cooking liquid. Add enough water to make 3 cups (750 ml) and pour over rice in a separate saucepan (add salt). Bring rice mixture to a boil, reduce heat and simmer until rice is tender and liquid is absorbed, 10 to 15 minutes. Set aside, covered to keep warm.

Meanwhile, add green chilli to remaining tomato cooking liquid. Add chicken to pan, covering chicken with sauce. Simmer until chicken is cooked through, about 15 minutes. Transfer chicken pieces to a warm serving plate, cover to keep warm. Increase heat on sauce to high and cook until nicely thickened, about 5 minutes. Serve chicken with rice and sauce. Garnish with thyme.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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The pages of the calendar are turning fast and soon we will be ushering in 2009. Despite the economic challenges, we hope that 2008 was a good year and that 2009 continues to provide you with good health and happiness.

At this time of year, we like to take stock of ourselves – a kind of personal inventory – to see what improvements we can make in our lives for the year ahead. Yes, it is time for **New Years Resolutions**.

Many of us use New Years Resolutions as catalysts to improve our health. **We will lose weight! Quit smoking! Start working out!**

We believe **you can succeed** in making these changes. All that you require is your own desire and the assistance of health professionals who can guide you in your efforts.

A visit with your family doctor is always a good place to start. Your doctor can determine your present level of general health. Afterall, before embarking on a path that meets your goals, it is essential to know where you are starting from.

In addition to your family doctor, we also recommend **a visit with your dentist for a periodontal exam**. If you have not had one for a while, you might be surprised to learn how improved periodontal health can impact your overall level of health and well being.



Dr. Peter Georgopoulos
Dental Surgeon

A periodontal exam focuses on the gum tissue. Your dentist will probe your gums to check for excessive spacing between the gums and teeth, unusual lumps or patchy tissue as well as bleeding. These may be signs of poor health. **Poor periodontal health could be the cause of a significant amount of pain and discomfort in the gums, jaw and surrounding area.**

Perhaps you have noticed some of the signs yourself, such as bad breath, loose teeth and/or gums that bleed while you brush your teeth. You may also wish to check in the mirror to see if you notice large spaces between the gum line and your teeth or if the gums appear shiny. Advise your dentist if you notice any of these problems.

One more thing: **one of the most important functions of a periodontal exam**

is to check for possible signs of oral cancer. In fact, a periodontal exam is one of the best methods of early detection of oral cancer. And we all know that early detection can be vital to successful treatment.

Some signs you should be aware of include a lump in the mouth or a sore that does not heal, unusual tingling or numbness in the mouth and/or bleeding. If you experience any of these symptoms, you should report them to your dentist.

Remember, **your dentist is not an oncologist**. However, s/he can spot suspicious indicators of oral cancer and recommend that you see a specialist for a formal diagnosis. It may prove to be nothing...but if it is cancer, it is better to know early.

As we all know, **one of the major causes of oral cancer is smoking**. So if you did not already have enough reasons to quit smoking, we hope you will consider this one more source of motivation.

Once again, let us congratulate you on your decision to make improved health a priority in 2009. With proper information and dedication, we are confident that this will be the year you introduce a new "you" to the world. We would be honoured to help you in your efforts, because we truly believe healthier habits lead to healthier and happier lives in 2009.

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A two-disc DVD version of Back to the Future is coming out in February, Bttf.com reports. The entire trilogy is getting a DVD re-release, but the original 1985 film will come with a bonus disc containing the entire Back To The Future: The Ride. IMDB.COM

Music

Feist plans on downtime

Singer-songwriter hasn't stopped touring for six years

BRIAN TOWIE
brian.towie@metronews.ca

Feist is taking a well-deserved break from superstardom. After a six-year whirlwind that saw the folk singer-songwriter from Calgary rise to international fame and acclaim, Leslie Feist plans on taking at least a half-year hiatus from music, letting her voice heal and regrouping for a possible third album.

But it has been a hell of a blitz. In that time Feist released the Juno Award-winning *Let It Die*, which went platinum in Canada and gold in France, and *The Reminder* — a worldwide multi-platinum album that was both a Juno winner and Grammy nominee.

Single 1234 became ubiquitous on iPod commercials, shot to the top of many an international chart and was rated one of Time Magazine's best songs of 2007.

Add in a series of world

tours, appearances on *Sesame Street* and *The Colbert Report* and you can see why a vacation might be justified.

"Six months, maybe more. I can't rightly say how long I'm going to take. Hopefully at some point my laryngitis will go away," she laughs.

"I've been touring for six years and *Let It Die* just duck-tailed right into *The Reminder*, and we recorded *The Reminder* on tour and I just haven't stopped. I just want to see what it's like to cook and sleep in and stuff."

Yet Feist still works during her downtime, giving back to the community. She says this during a recent surprise appearance at a Toronto high school, when the school was presented with a MusiCounts Band Aid musical instrument grant for more than \$10,000.

"It's really great to be able to come in and see a part of a community that I normally never get to



Singer-songwriter Leslie Feist made a recent surprise appearance to present a high school with a MusiCounts Band Aid musical instrument grant for over \$10,000.

see," the sometime Broken Social Scene member said. "This is really important stuff that goes on in a high school, and I can just vaguely remember how important it was when I was there."

In the meantime, you can get your Feist fix on Stephen Colbert's holiday DVD *A Colbert Christmas: The Greatest Gift Of All!*,

where she plays an angel taking the satirical pundit's telephone call to God. "It was like getting invited back to the cool kids' table at the cafeteria to be invited twice to Colbert," she said. "He's amazing. He's unparalleled. He's the best. I would do anything he asked, including putting on an angel costume."

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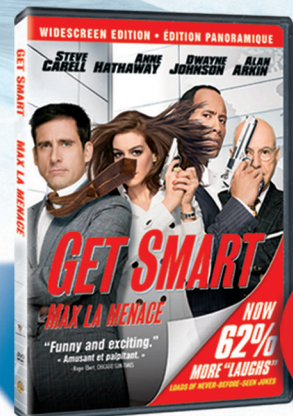


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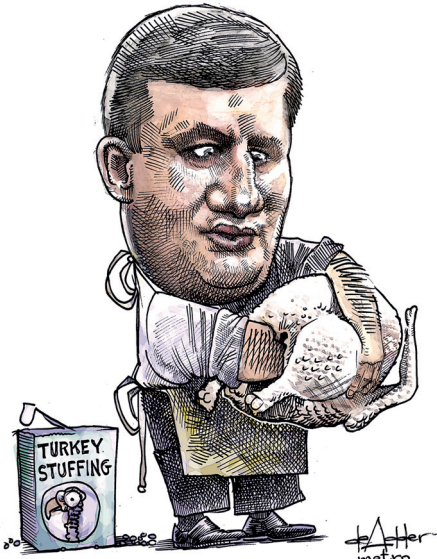
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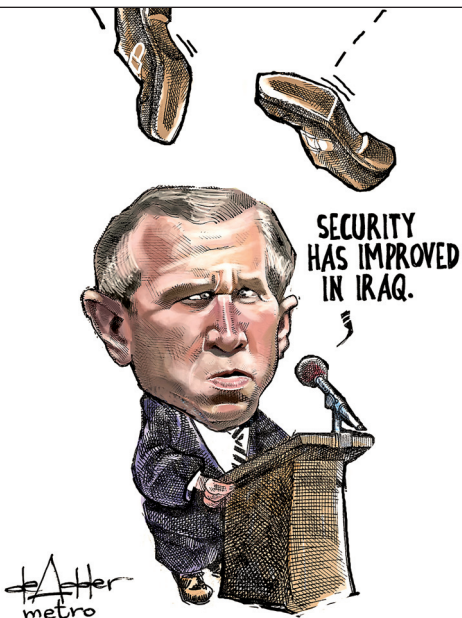
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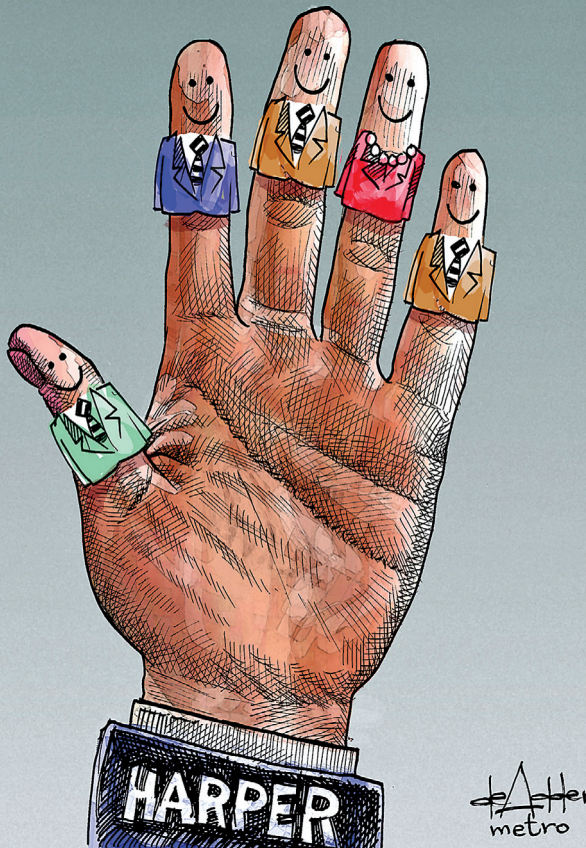
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BUILT IN SPEAKER / BLIM DESIGN
BUILT IN FM RECEIVER WITH PM
RECORDING FUNCTION
BUILT IN RECHARGEABLE BATTERY
USB FLASH DRIVE FUNCTION
SONG LYRIC DISPLAY FUNCTION

3" TOUCH SCREEN
MICRO SD EXPANDABLE
4GB

\$59.99

MP5004
BRAND NEW!

VALID DEC 26TH 2008 ONLY. FIRST 10 CUSTOMERS PER STORE PER DAY.
LIMIT 1 PER QUALIFIED CUSTOMER

3 DAY DOOR CRASHER
DEC 26TH, 27TH & 28TH ONLY

ROCKETFISH
RF-SH230
RECHARGEABLE
Bluetooth HEADSET

WITH INTERCHANGEABLE COLOUR FACEPLATES

\$9.99

RF2300
BRAND NEW!

VALID DEC 26, 27 & 28, 2008 ONLY. FIRST 10 CUSTOMERS PER STORE PER DAY.
LIMIT 1 PER QUALIFIED CUSTOMER

BOXING WEEK BLOWOUT

SanDisk MICRO SD
TRANSLASH MEMORY

1GB \$4.99
2GB \$6.99
4GB \$11.99

REFURBISHED
SA1240 SA2480 SA4960

BOXING WEEK BLOWOUT

SanDisk SECURE DIGITAL
FLASH MEMORY

1GB \$4.99
2GB \$6.99
4GB \$9.99

REFURBISHED
SA1002 SA2482 SA4962

INCREDIBLE VALUE

LCD MOUNTING KITS

14-37" LCD/PLASMA
36-55" LCD/PLASMA

TESTS UP TO 12 WEIGHTS

\$19.99

BRAND NEW!
BR1437 BR3656

BOXING WEEK BLOWOUT

SOYO
HD-READY LCD TV

32" WIDESCREEN

\$349.99

PIN 3208
REFURBISHED
SO3208

INCREDIBLE VALUE

SAMSUNG DVD/VCR COMBO

V9800

1080p UPCONVERTING

\$49.99

REFURBISHED
SA9800

BOXING WEEK BLOWOUT

PHILIPS UPS SYSTEMS

330VA
6 OUTLET

\$19.99

PIN SPB890WA/17
BRAND NEW!
PH8896

CRAZY DEAL

GRiffin iTRIP
CAR MULTI FREQUENCY
FM TRANSMITTER

ADJUSTABLE
SD CARD SLOT
USB PORT

\$9.99 **\$14.99**

REFURBISHED
GR9781

BRAND NEW!
FM2000

BOXING WEEK BLOWOUT

PHILIPS SHN500 NOISE
CANCELLING HEADPHONE

\$9.99

REFURBISHED
PH5500

BOXING WEEK BLOWOUT

PHILIPS NOISE CANCELLING
EARPHONE

\$14.99 EACH

BRAND NEW!
PH0060

INCREDIBLE VALUE

SPEAKER SYSTEMS

K240
2.1
25 WATTS RMS

ALTEC LANSING
1211
2.1
20 WATTS RMS

\$19.99 **\$24.99**

REFURBISHED
LO0285

BRAND NEW!
AL0121

BOXING WEEK BLOWOUT

PHILIPS CORDLESS PHONE

DECT 6.0
4 HANDSET
WITH ANSWERING MACHINE

\$49.99

REFURBISHED
PH4454

CRAZY DEAL

USB FLASH DRIVES

8GB
16GB
USB 2.0

\$17.99 **\$34.99**

BRAND NEW!
PE0000

BRAND NEW!
PE1600

BOXING WEEK BLOWOUT

BRAND NAME LCD MONITORS

15" 8 GRADE
19" 8 GRADE

\$89.99 **\$99.99**

REFURBISHED
DE0153

REFURBISHED
MO1900

BOXING WEEK BLOWOUT

PHILIPS PORTABLE DVD/VIDEO
PLAYERS

8.5" 10.2"

\$79.99 **\$99.99**

REFURBISHED
PH0624

REFURBISHED
PH0102

BOXING WEEK BLOWOUT

PHILIPS MP3/VIDEO
PLAYER

4GB
1.8" LCD
WITH FM TUNER
VOICE RECORDER

\$34.99

REFURBISHED
PH3245

BOXING WEEK BLOWOUT

COMPUTER VALUE PACK

107-KEY
WIRELESS
KEYBOARD
80
CD/DVD
WALLET
USB FLASH DRIVES
1GB
USB 2.0

\$9.99

BRAND NEW!
HA4440 HA0120 SE0400

BOXING WEEK BLOWOUT

PHILIPS MP3/VIDEO
PLAYER

2.8" LCD
8GB
WITH FM TUNER

\$57.77

REFURBISHED
PH5285

BOXING WEEK BLOWOUT

RIVAL STAINLESS
STEEL
RICE COOKER

20 CUP

\$29.99

BRAND NEW!
RI2000

BOXING WEEK BLOWOUT

PHILIPS SLIMLINE SURGE
PROTECTOR

7 OUTLET
2500 Joules

\$9.99

BRAND NEW!
PH0118

BOXING WEEK BLOWOUT

BELKIN SURGE PROTECTOR
FOR HOME
THEATRE SYSTEMS

12 OUTLET
4500 Joules

\$19.99

BRAND NEW!
BE1212

BOXING WEEK BLOWOUT

PHILIPS DIGITAL PICTURE
FRAME

6GB 8GB
WITH USB
WITH USB & SD CARD SLOT

\$29.99 **\$39.99**

REFURBISHED
PH6000

REFURBISHED
PH6000

BOXING WEEK BLOWOUT

SONY ERICSSON T290

UNLOCKED
GSM CELL PHONE

\$29.99

REFURBISHED
SO2900

BOXING WEEK BLOWOUT

IDE 3.5" HARD DRIVES

40GB 120GB 400GB
7200RPM

\$19.99 **\$34.99** **\$59.99**

REFURBISHED
HA4440 HA0120 SE0400

CRAZY DEAL

SanDisk SANSCLIP
MP3 PLAYER

4GB
THE TINY WEARABLE
MP3 PLAYER WITH
BIG SOUND!

\$39.99

REFURBISHED
SA0470

LIMIT 1 PER CUSTOMER. REBATE ONLY
VALID ON PURCHASES MADE BETWEEN
DEC 26, 2008 & JAN 5, 2009
VISIT www.factorydirect.ca FOR DETAILS

CRAZY DEAL

MAGNAVOX MP3 PLAYER

2GB
DIRECT USB
WITH FM TUNER

\$12.88

PIN MS2025/37X
REFURBISHED
PH2025

BOXING WEEK BLOWOUT

HP CELERON 2.4GHz
HP PENTIUM 4 2.8GHz

512MB 40GB
DVD-ROM
XP-PRO COA

\$169.99 **\$199.99**

REFURBISHED
HP0330

REFURBISHED
DE0280

BOXING WEEK BLOWOUT

PHILIPS MP3/VIDEO
PLAYERS

6GB 8GB
PHOTO VIEWER, FM TUNER
& VOICE RECORDER

\$29.99 **\$39.99**

REFURBISHED
PH6000

REFURBISHED
PH6000

INCREDIBLE VALUE

DESKTOP MEMORY

2GB DDR2
PC5300
OUTLINE

\$22.99

BRAND NEW!
ME2006

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AVAILABILITY BY STORE LOCATION

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RETAIL INFORMATION LINE:
(416) 847-1660

EXTENDED STORE HOURS:

DEC 25TH CLOSED
DEC 26TH 8AM-8PM
DEC 27TH 8AM-7PM
DEC 28TH 10AM-6PM
DEC 29TH 10AM-6PM
DEC 30TH 10AM-6PM
DEC 31TH 10AM-6PM
JAN 1ST CLOSED
JAN 2ND 10AM-9PM
JAN 3RD 10AM-6PM
JAN 4TH 11AM-5PM

SERVICE CLOSED FROM
DEC 23RD TO JAN 5TH
ORANGEVILLE CLOSED
JAN 4TH 2009

NEW MARKET NOW OPEN
130 Davis Dr., Unit #6
(519) 946-0283

MARKHAM
5328 Hwy 7 E.
(905) 709-3361

NORTH YORK
3240 Dufferin St.
(416) 941-6624

MISSISSAUGA
1225 Dundas St. E.
(905) 276-1111

BRAMPTON
258A Queen St. E.
(905) 667-3976

WOODBRIDGE
501 Applewood Cres.
(905) 772-3284

LONDON
1070 Wellington Rd. S.
(519) 963-1046

OTTAWA
1235 Donald St.
(613) 688-0126

NEPEAN
1508 Merivale Rd.
(613) 688-0616

WINDSOR
2491 Douglas Ave., Unit 7
(519) 946-0283

BARRIE
510 Bryne Dr.
(705) 797-0361

ORANGEVILLE
218 Broadway Ave.
(519) 941-6624

SCARBOROUGH
1399 Kennedy Rd.
(416) 291-1111

TORONTO
290 College St.
(416) 593-1111

HAMILTON
1059 Upper James St.
(905) 667-3976

KITCHENER
1138 Victoria St. N.
(519) 772-3284